



United States Department of Agriculture

What's? Cooking



USDA MIXING BOWL

Cookbook

Summer Recipes

QCCN

By Robert

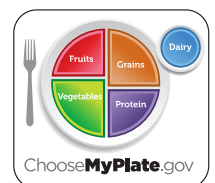


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15-Minute Enchiladas

Makes: 8 Servings

This is quick to make. When you need a main dish right away, try this enchilada recipe.

Ingredients

- nonstick cooking spray
- 3 cups** chili without beans (1 can, about 24 ounces)
- 1 1/2 cups** canned refried beans, low-sodium, non-fat
- 2 cups** low-fat Cheddar or Monterey jack cheese (shredded)
- 8** flour tortillas, large size

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Recipe adapted from Food.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	17 g	
Protein	17 g	
Carbohydrates	23 g	
Dietary Fiber	4 g	
Saturated Fat	6 g	
Sodium	500 mg	

Asparagus, Mandarin Orange, Chicken and Rice

Prep time: 30 minutes

Makes: 4 Servings

Fresh California asparagus, mandarin oranges, chicken, and brown rice make perfect compliments in this Asian-influenced salad.

Ingredients

For the Vinaigrette

2 tablespoons extra virgin olive oil

2 tablespoons rice vinegar

3 tablespoons mandarin orange juice (reserved from oranges)

1 tablespoon soy sauce

For the Salad

1 pound fresh asparagus (trimmed)

2 cans 11 oz cans mandarin oranges (drained, reserve juice)

12 ounces cooked chicken breast (cut into chunks)

3 cups cooked instant brown rice

Directions

1. In small bowl, whisk vinaigrette ingredients, set aside.
2. Cook rice according to package directions.
3. Place whole trimmed asparagus in a large skillet with 1 1/2 inches of water.
4. Bring to a boil, reduce heat and simmer, uncovered, for 2-5 minutes.
5. Rinse with cool water and cut into 1-inch pieces.
6. In a medium size bowl, toss all ingredients.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	440	
Total Fat	11 g	17%
Protein	33 g	
Carbohydrates	51 g	17%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	300 mg	13%

MyPlate Food Groups

Fruits	3/4 cup
Grains	1 ounces
Protein Foods	3 ounces

Notes

Weekly Meal Planning Tip: When you're planning a dinner with chicken, cook up extra chicken breast and refrigerate for later use in this salad.

Produce for Better Health Foundation

Avocado Breakfast Bruschetta

Prep time: 20 minutes

Makes: 4 Servings

Start your day with a breakfast twist on classic bruschetta: avocados, tomato, hard-boiled egg, and ricotta with basil atop toasted rustic whole-grain bread.

Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup** chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup** ricotta cheese (reduced-fat)
- cracked black pepper to taste

Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

Notes

Serving Suggestions: Serve with an 8-oz glass of fat-free

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	315 unknown	
Total Fat	13 g	20%
Protein	15 g	
Carbohydrates	36 g	12%
Dietary Fiber	6 g	24%
Saturated Fat	3 g	15%
Sodium	434 mg	18%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	1 ounce
Dairy	1/4 cup

(skim) milk.

Batido Smoothie

Rating: ★★★★★

Prep time: 10 minutes

Makes: 4 Servings

This refreshing smoothie is a blend of papaya, banana, and yogurt and makes a satisfying part of breakfast or any time of day. Mix in frozen or fresh berries for a variety of flavors.

Ingredients

- 2 cups** papaya chunks (fresh or frozen)
- 2** bananas (overripe, sliced)
- 1 cup** plain low-fat yogurt
- 1 cup** ice cubes

Directions

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

Notes

- One cup of low-fat milk, soy, rice, almond or coconut milk can be used instead of yogurt.
- Strawberries, blueberries, or raspberries can be used in addition to or instead of papaya.

USDA Center for Nutrition Policy and Promotion



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	118	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	46 mg	2%

MyPlate Food Groups

Fruits	1 cup
Dairy	1/4 cup